

# Dining Highlights

## High Quality Nutritious & Sustainable Food

As part of our wellness and sustainability initiatives Metz Culinary Management recognizes the importance of utilizing high quality and sustainable food in our menus. At Shady Side Academy our menus will include:

- hormone-free dairy products
- local seasonal produce
- trans fat-free ingredients and products
- great variety, using the freshest product possible
- items grown on SSA Farm
- cage-free eggs

## We Care About Sustainability

- Partnerships with PA Preferred, PASA and Buy Fresh, Buy Local
- Our signature Live Well program includes vegetarian and vegan selections
- Nutrition Educators program
- Recycling programs, including paper products, shortening to bio-fuel, and composting
- Student allergy awareness program for management and staff.
- **Peanut-Free Zones are located at the Junior School**

# Live Well

Our Live Well program combines the freshest available ingredients - with our knowledgeable and friendly food service team - to create a customized, quality-based menu in an inviting atmosphere. By appealing to all of our guests' senses, we make each meal a memorable experience.

Our menus reflect our guests' preferences for high-quality, nutritious foods in a variety of dishes.

All of our menu items:

- easily adapt to local sourcing in order to accommodate regional fare;
- include from-scratch recipes for everything from soup to desserts;
- offer a stunning variety of culinary options.

# Debit Plans

## Full Meal Plan

Our debit accounts allow students to have the flexibility to make food purchases at any time, at any location, at any meal. Purchases can be made for our terrific breakfast, lunch, snacks, and snack bar programs. The funds never expire and they can never be lost. Any funds not used by the end of the year automatically roll over to the next school year.

## How the Debit Process Works:

Money is deposited into your child's account, by you, prior to the start of each new school year. These funds enable your child to make purchases during each of the meal periods that we operate. Each day, purchases are deducted from the total balance.



# Welcome to Dining Services



**Cindy Wise, Dining Services Manager**  
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# Junior/Country Day Schools

- Peanut-free zone
- Fresh fruits and vegetables
- Made-to-order deli with full line of select meats, cheeses and toppings on BreadWorks bread
- Excellent salad station featuring fresh vegetables, toppings, compound and protein salads
- Fresh fruit - cut up and whole

## Lunch

**Pre-K-2: \$4.10**

**3-5: \$4.60**

Soup  
 Entree (hot or cold)  
 2 Sides  
 Salad bar  
 Half pint drink

## A la Carte Items

Half-pint drinks	\$0.95
Horizon organic milk	\$2.20
Bowl of soup	\$1.65
Extra side dish or side salad	\$2.00
Single entree - Tier 1	\$3.75
Tier 2 entrees (fish, vegan, and gluten-free)	\$1.00 extra
Whole fruit	\$0.95
Dessert	\$1.35
Ice Cream	\$1.90
1/2 entree (Tier 1)	\$2.00

# Middle School

- Fresh fruits and vegetables
- Made-to-order deli with full line of select meats, cheeses and toppings on BreadWorks bread
- Excellent salad station featuring fresh organic vegetables, toppings, compound and protein salads
- Fresh fruit - cut up and whole

## Lunch \$6.45

Soup  
 Entree (hot or cold)  
 2 Sides  
 Salad bar  
 Half pint drink

## A la Carte Items

Half-pint drinks	\$0.95
Horizon organic milks or Silk soy milks	\$2.20
Bowl of soup	\$1.65
Extra side dish or side salad	\$2.00
Tier 1 single entree or salad entree	\$3.75
Tier 2 entrees (fish, vegan, gluten-free and specialty deli breads)	\$1.00 extra
Tier 3 entrees deli entrees with more than one meat and cheese	\$2.00 extra
Whole fruit	\$0.95
Fresh Fruit Cup	\$2.00
Dessert	\$1.35
Ice Cream	\$1.90

# Senior School

- Vegetarian items available daily
- Made-to-order deli station with a full line of select meats, cheese and toppings on BreadWorks bread
- Live Well Program implementation consisting of soups, salads, dressings and entrees - freshly prepared on site
- All salad dressings are made in house
- Fresh fruit bar everyday
- Bakery products prepared on-site everyday
- Full line snack bar program after school
- Gluten-free and vegan options available upon request for additional charge.

## Breakfast \$5.50

Juice or milk (excluding soy and organic milks)  
 Omelet bar  
 Bacon or sausage  
 One serving of potatoes  
 One serving from the fruit and yogurt bar

## Lunch \$7.50

(without drink \$7.00)  
 Soup  
 Tier 1 Entree (sandwiches are an entree)  
 2 Sides  
 Salad bar  
 Dessert bar  
 Beverage (juice, milk or water)

## Dinner \$9.75

One entree  
 2 Sides  
 Salad  
 Soup  
 Dessert  
 Beverage (juice, milk or water)

## A la Carte Items

Bottled water	\$2.50
Gatorade	\$3.00
Milk or Juice	\$0.95
Horizon organic milk or Silk soy milk	\$2.20
Hot chocolate, coffee or tea	\$1.50
Bagel with jelly	\$1.10
Cream cheese or peanut butter cups	\$0.35
Yogurt	\$1.50
Cereal	\$1.25
Whole fruit	\$0.95
Fruit bar	\$2.35
Bowl of soup	\$1.65

## Senior School Regulations

- Students must have an ID card to make a purchase. In the absence of an ID card, students must have a note from the Dean's Office.
- Students may not share their ID card.
- The My Payments Plus account must be active and have money available in order to purchase a meal.
- Students must purchase all food, including beverages when the ID card is scanned, otherwise discounted lunch pricing will not be granted. Students returning for additional items will be charged the a la carte price.
- Take-outs are only permitted with written permission from the Dean's Office
- In order for the cafeteria to run smoothly and efficiently, these rules must be followed.
- Boarding Meal Plan includes an unlimited amount of prepared food that can be consumed while in the dining hall with the exception of milk and cereal.
- **All prepackaged items are an extra charge.** This includes bagged snacks and cookies, water, Gatorade, ice cream, Kind Bars, etc.
- Snack Bar options are NOT included in the boarding plan.

